

Teriyaki Sauce

This easy-to-make teriyaki sauce can be paired with chicken, red meat, or a firm-fleshed fish such as Chilean sea bass, tuna or striped bass. Fat-free.

Ingredients:

- 6 pieces of boneless, skinless chicken breasts
- 1/2 cup Sugar-Water Simple Syrup (see recipe below)
- 2 cups soy sauce
- 2 tbsp. minced fresh garlic
- 4 tbsp. minced fresh ginger
- 2 green onions (optional)
- Toasted sesame seeds (optional)
- Salt and pepper (to taste)



Directions:

Mix one part water to one part sugar in a heavy-bottom saucepan and put over a medium-low flame until the sugar has completely dissolved into the water. Don't stir the mixture (or the sugar will crystallize and won't turn into syrup).

Add Simple Syrup, soy sauce, garlic and ginger to a heavy-bottomed saucepan. Set on a medium flame and let it reach a rolling boil, then lower the flame boil for three minutes.

Let cool and transfer half of the sauce to a bowl for seasoning chicken. Reserve other half for table use. (Be sure to keep two portions of the teriyaki separate to avoid contaminating table sauce with bacteria from the raw chicken.)

Season chicken breasts with salt and pepper and set on the hot grill. Turn once, then generously brush the top (cooked) side with teriyaki from the bowl.

Repeat so that both sides are slathered and cooked.

Heat the reserved teriyaki sauce and serve it in a gravy boat.

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